

PERSONAL CHIROPRACTIC CARE CENTER

Hot Shower: Mornings

Stand with water on back of neck.

Move head forward; back to center.

Move head back; back to center.

Rotate head to the right; back to center.

Rotate head to the left; back to center.

Tilt head to the right; back to center.

Tilt head to the left; back to center.

Repeat 10X